[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Florence: My name is Florence Aquiu. For lunch today, I had grilled chicken and squash. I am a Zuni Indian and I have the power to prevent diabetes.

Deek: My name is Deek Coda Dene Tsosi. I turned the TV off and took my nieces and nephews for a walk. We saw two jack rabbits, an eagle, and zero cartoons. I'm from the Dene Nation and I have the power to prevent diabetes.

Announcer: Science has proven that if we lose as little as ten pounds by walking briskly for thirty minutes, five days a week, and make healthier food choices, we can prevent diabetes.

Barbara: My name is Barbara Aqsukpuk Curtis. I'm losing weight and being more active. I'm Alaskan Inupiat Eskimo and I have the power to prevent diabetes.

Announcer: For more information on how to prevent diabetes, talk to your health care provider. For free materials, call the National Diabetes Education Program at 1-800-438-5383 and ask for the "Power to Prevent Diabetes." A message from the U.S. Department of Health and Human Services.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.